

## Conflict Resolution Activitiy

Conflict resolution activity is any step taken toward resolving a disagreement. You see, contrary to what many individuals believe, conflict is not all bad. There is actually good conflict. But, you need to know what conflict is before you can really assess a situation and determine if it is conflict. If it is, then you now know in order to get through this you will need some sort of conflict resolution activity.

Conflict is really just two parties in opposition, or which differ. If you are able to analyze a situation, determine there is or will be conflict, then use some of the following techniques, you will get through this and move on. If you try to resist this, or dig your heels in, it will not go away. If you ignore this, it will not go away. The best way to handle conflict is to just go and face it.

{mosgoogle}You must maintain self-control during conflict. If it becomes emotional, you have already lost. Also, when in the conflict itself, try to see what you can learn from it. There is always something to learn from each and every situation you run into during the day. It may not be obvious at the time, but each of the conflicting parties will be teaching the other something valuable.

You will need to become an active listener. This means you need to repeat to the other person that you did in fact hear what their problem is. If you are not sure, then ask questions. Probably half of the time conflict arises it is the result of a misunderstanding. If you can ask questions, it will help you better understand the situation.

You may need to give some to get something. I have done this before where I had to modify a project I was doing, giving up certain portions, so I could get more implemented. I did this by going to each person and asking their opinions and what they liked or did not like. In the end, we had a project everyone agreed upon and liked.

The first part of this process really is understanding when a conflict situation is present. Then, using some of the conflict resolution activity techniques above can help you get through, normally with each party getting something accomplished.

For more information on conflict resolution, visit [The Art Of Team Building](#)

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